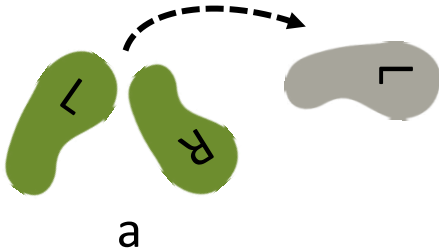
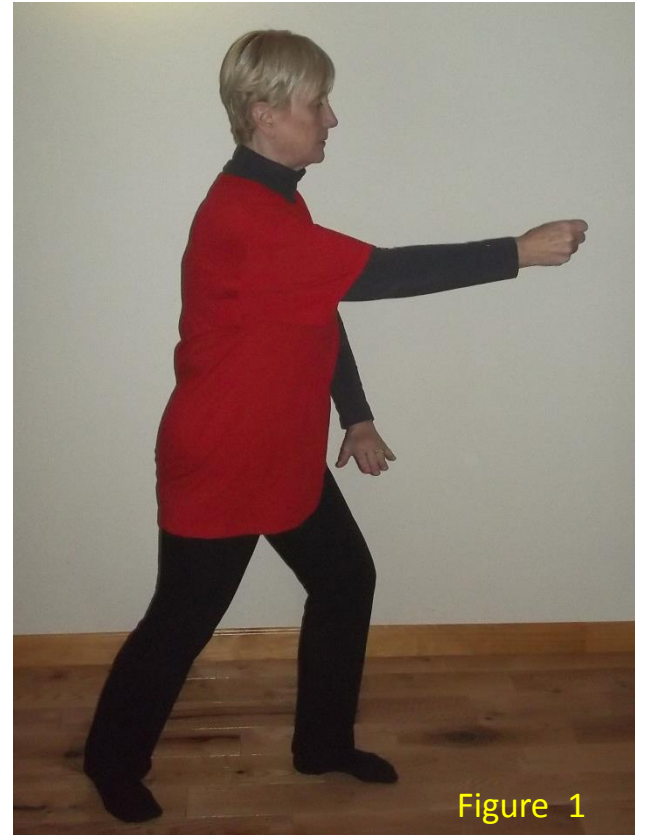


Move 96* *Brush Knee and Punch Pubis* Follows *Chop with Fist*



- After ending the final movement of *Chop with Fist*, shift your weight to your right foot and place your left foot one step ahead at the 90° Right Position. At the same time that you push forward with your right arm, hand in a fist (knuckles in), push your left hand down to block (palm down) (Foot diagram 'a' and figure 1).
- End this move by shifting your weight forward and squaring your hips and shoulders over your left foot.



*These instructions are for use as an assist to the free beginner classes offered by Tai Chi Maine, they are not meant to be stand-alone lessons for the Tai Chi form of Moy Lin-Shin.